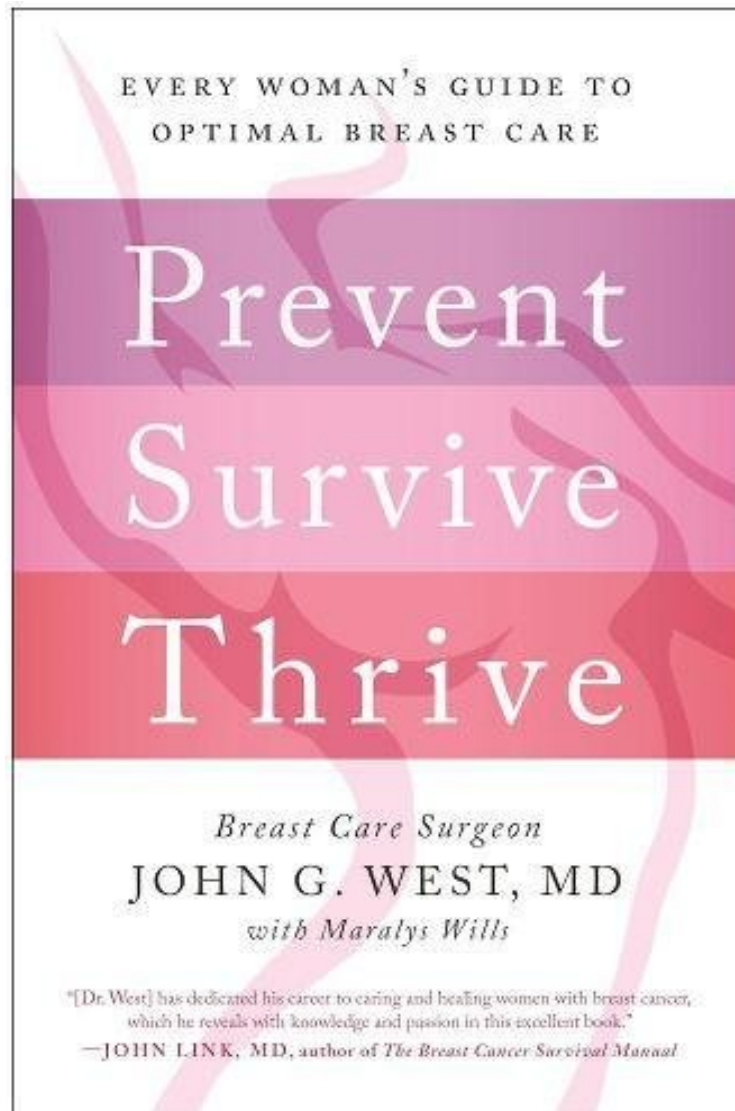


(Free read ebook) Prevent, Survive, Thrive: Every Woman's Guide to Optimal Breast Care

Prevent, Survive, Thrive: Every Woman's Guide to Optimal Breast Care

John G. West

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John G. West : Prevent, Survive, Thrive: Every Woman's Guide to Optimal Breast Care before purchasing it in order to gage whether or not it would be worth my time, and all praised Prevent, Survive, Thrive: Every Woman's Guide to Optimal Breast Care:

0 of 0 people found the following review helpful. Breast Cancer, How to Be Prepared and Live to Talk About It!By Lisa Brambilla-DobleIn this book, Dr. West shares his extensive knowledge experience with the reader in a very

comprehensive, easy-to-understand way. As a veteran Breast Cancer Surgeon, and caring husband of a breast cancer survivor himself, Dr. West shares both his personal and professional experience in a straight-forward approach, which gives us (the reader) the information that we need to become an informed, and empowered advocate with regard to our health care, or that of a loved one. As a breast cancer survivor, I find his book to be a very valuable tool, and recommend that all women read it. Not only to become better informed about "what to watch for", but equally as important, to understand the "how to" of navigating the maze of diagnostics, treatments... Through this book, Dr. West enables us all to become fearless warriors, who "Prevent, Survive and Thrive." In addition, it prepares us to be better support / care givers if /when the opportunity arises. Kudos to Dr. West for being the touchstone for all who want to learn about breast cancer, and most especially for those who live to tell about it!

0 of 0 people found the following review helpful. I highly recommend this book for all the women. By Karen J. The book, Prevent, Survive, Thrive is an important book for all women to have on their shelf. Dr. John West draws from his 20+ years as a dedicated breast surgeon to inform women on the most current information regarding breast health. He answers questions and addresses controversies regarding diagnosis and treatment for breast health. With clear understandable language he guides us through the current diagnostic techniques of mammography ultrasound, and genetic testing. For the woman diagnosed with breast cancer, this is a complete up-to-date source to answer your questions and understand how to navigate the information and many options available. Dr. West includes examples of his patients and their stories from his many years as a breast surgeon. This book also includes a chapter on reconstructive surgery from Dr. Justin West plastic surgeon. Dr. West concludes his book with what he exemplifies which is hope and optimism. He shares examples of hope from the journeys of some of his patients from breast cancer to surviving and thriving. I highly recommend this book as a survivors manual for all women newly diagnosed with breast cancer. It is also a gift for all women.

1 of 1 people found the following review helpful. Your Most Important Coffee Table Book By Gary E. Lieb. Dr. West has shared his extensive experience in this uniquely comprehensive and easy-to-read treatise on all aspects of breast care for women of all ages (teens through seniors) and their loved ones, allowing them to be diligent in making decisions and their own choices regarding the ever-evolving questions of controversy and myth about breast cancer diagnostic alternatives and treatments. With the book's information on new technologies and multiple case histories, a patient can and should feel in charge of her own breast health plan in coordination with her chosen expert medical professionals. A copy should rest on every home's coffee table or bookshelf for easy access for research or browsing since breast issues are also relevant for men, for daughters, for grandmothers, and for guests. They are all at risk. We can all have easy access to John West's extensive knowledge of breast health.

Are you doing everything you can to make sure your breasts are healthy? If this question gives you pause, you're not alone. Confusing media and conflicting advice surrounding breast health can make it challenging to know what's best. In the United States this year, more than 40,000 women will die from breast cancer. Dr. John G. West wants to help you avoid becoming part of that statistic through preventative methods and screenings. And for women who are diagnosed, Dr. West provides guidance and wisdom to make the best possible treatment decisions. For nearly 20 years, Dr. West has focused on giving his patients the best care possible when they show up for diagnosis or treatment. The question he gets most often from his patients is: What would you tell me if I were your wife or daughter? Prevent, Survive, Thrive: Every Woman's Guide to Optimal Breast Care is the answer. Drawing from the latest scientific findings in the field of breast care, Dr. West outlines the things most women don't know about screening, like when you should insist on an ultrasound instead of only relying on mammogram results or how to determine if you should get genetic testing and what it can and cannot tell you about your cancer risk. He lets you know exactly what kind of pain is normal and what should be investigated further. Dr. West even offers lifestyle advice to help lower your risk factors; things as small as how often you exercise or where you carry your cell phone can have an impact on your future health. Prevent, Survive, Thrive provides clear, accurate guidelines for prevention and early detection letting you take control of your health.

Dr. West's book is a valuable addition to the current literature for those touched by breast cancer. He has dedicated his career to caring and healing women with breast cancer, which he reveals with knowledge and passion in this excellent book. John S. Link, MD, author of The Breast Cancer Survival Manual: A Step-By-Step Guide for the Woman With Newly Diagnosed Breast Cancer. Prevent, Survive, Thrive continues Dr. John West's longstanding message of empowerment to those facing or in fear of breast cancer. This literary gift moves from prevention to survivorship to activism in sharing pearls of wisdom that transform us from victims to victors! This book is a wellspring of knowledge from a breast health leader who is a living legend in the fight against breast cancer. Marie M. La Fargue, MPH, four-time cancer survivor. If you never want to hear the words, You have breast cancer, this book is for you. . . . There are plenty of books on facing the diagnosis of breast cancer, but this book, with its accurate straight-talk information, practical tips, and survivor stories filled with hope, helps you to prevent breast cancer. Every woman with breasts needs to read this book, and don't say this because it's funny. I say this because it's true. Pam Tallman, columnist and contributor to Orange Coast Magazine. I wish I had this book at my fingertips years ago, but I am truly grateful for its

publication at this time for the sake of my friends and family as well as all women, both younger and older. Allene Symons, author of *Aldous Huxley's Hands* Dr. West has shared his extensive experience in this uniquely comprehensive and easy-to-read treatise on all aspects of breast care for women of all ages (teens through seniors) and their loved ones, allowing them to be diligent in making decisions and their own choices regarding the ever-evolving questions of controversy and myth about breast cancer diagnostic alternatives and treatments. Dr. Gary E. Liebl, L.H.D, Chairman Emeritus, Chaminade University